

The Sandpaper

Naval Air Facility
El Centro, Ca

Volume 6, Issue 2

"Pearl of the Desert"

February 2003

Super Sailors

NAVY EL CENTRO



African-American History Month Remembering Doris Miller



Doris Miller

Doris Miller, known as "Dorie" to shipmates and friends, was born in Waco, Texas, on 12 October 1919, to Henrietta and Conery Miller. He had three brothers, one of which served in the Army during World War II. While attending Moore High School in Waco, he was a fullback on the football team. He worked on his father's farm before enlisting in the U.S Navy as Mess

Continued on page 3



March is Military
Physical Fitness Month



Groundhog Job Shadow
Day takes place



CO announces
air show is cancelled



Can you say pizza delivery



From the Commanding Officer

By CAPT Paul M. Ziegler
CO

As March rolls around, we would be normally hard at work putting the final touches on our Annual Food Festival and Air Show. Unfortunately, due to heightened Force Protection measures that were required to be put in place, we have had to cancel both events for this year. I know that all are very disappointed by this and that many of you have worked extremely hard at making this the annual premier event it has been over the years. The decision to cancel was a very difficult one, but had to be made in a timely manner in order to fulfill our obligations to the Air Show sponsors and performers and to prevent us from incurring excessive costs to MWR funds that could have impacted MWR programs here at NAF. While there is the possibility that the Force Protection requirements might be lifted in time for the Air Show, the consequences of delaying the canceling of the air show grew greater each day. Based on the current situation with regard to the Global War on Terrorism and the growing possibility of war in Iraq, we are unsure as to how long we will be required to maintain our current Force Protection posture, or whether it will be raised or lowered between now and our scheduled Air Show date. We owed our sponsors, performers and other organizations the courtesy of an early decision.

The Global War on Terrorism and the recent high volume of deployments have left many families of Navy and Marine Corps members behind to face the economic and

emotional struggles of their daily life. The month of March kicks off the annual Navy and Marine Corps Relief Drive, which directly supports our service members and families in time of need. If there were an important time when our Navy and Marine Corps families need our support, this is it. Please find it within yourself to contribute to this worthwhile cause to help ensure our fellow service members and their families are taken care of.

We have a few new faces here on the facility. Over the past month, LCDR Nelson Wells took over from LCDR Chuck Lewis as our Public Works Officer. Additionally, Katherine Crock has taken over from Chris Thomas as Manager of our commissary and John Stadler has been temporarily assigned to us from NAS Fallon as interim MWR Director. We are pleased to have them joining our NAF team.

Finally, you may have noticed that there are several projects underway here on the facility to improve our facility's appearance, quality of life and productivity. From construction of a new barracks, addition of a new food franchise at the bowling alley, installation of underground cabling in support of the introduction of the Navy and Marine Corps Internet and numerous self help building renovations, we are working to maintain and enhance NAF. I ask all of you to support our efforts toward maintaining NAF as the "Pearl of Desert". You can help by preventing litter from degrading our



appearance and becoming a safety hazard. Ensure trash is placed in proper receptacles and take the time to pick up any you see around the facility. A little effort on our part will keep our base looking good.

From the Ping-Pong Champ

By SSGT Michael Reid
Army Team Shield

Greetings. Let me start by saying, it was indeed a pleasure for me and all the Army personnel to participate in last year's Captain's Cup. I am with the Army Team Shield Detachment and since my arrival to this base in March 1999; I have had the pleasure of meeting and playing with some of the Navy's finest Sailors.

Getting to the point, let me say I was disappointed when I found out that ping-pong was eliminated from this year's Captain's Cup, especially after finding out MWR just purchased two new ping-pong tables. I have been the undefeated ping-pong champion for the past two years and was hoping to remain the champion.

Anyway, I would just like to say thanks to MWR and to Lori Bauer, who, by the way, is doing an outstanding job keeping the Captain's Cup going! To all the good combatants that I had the pleasure of playing with, thanks for the good times, and the entertainment that was provided. My paddles are now currently retired from NAF EL Centro and when our troops return we look forward in retaking the Cup.

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Welcome Aboard!

LCDR Nelson R. Wells checked on board NAF El Centro Feb 7 as the new Public Works Officer. He comes from Camp Lejeune, North Carolina.

The Sandpaper is an authorized publication for members of the military services and their families. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense (DoD), or the U.S. Navy and do not imply endorsement thereof.



African American History Month

Continued from page 1

Attendant, Third Class, at Dallas, Texas, on 16 September 1939, to travel, and earn money for his family. He later was commended by the Secretary of the Navy, was advanced to Mess Attendant, Second Class and First Class, and subsequently was promoted to Ship's Cook, Third Class.

Following training at the Naval Training Station, Norfolk, Virginia, Miller was assigned to the ammunition ship USS *Pyro* (AE-1) where he served as a Mess Attendant, and on 2 January 1940 was transferred to USS *West Virginia* (BB-48), where he became the ship's heavyweight boxing champion. In July of that year he had temporary duty aboard USS *Nevada* (BB-36) at Secondary Battery Gunnery School. He returned to *West Virginia* and on 3 August, and was serving in that battleship when the Japanese attacked Pearl Harbor on 7 December 1941. Miller had arisen at 6 a.m., and was collecting laundry when the alarm for general quarters sounded. He headed for his battle station, the anti-aircraft battery magazine amidship, only to discover that torpedo damage had wrecked it, so he went on deck. Because of his physical prowess, he was assigned to carry wounded fellow Sailors to places of greater safety. Then an officer ordered him to the bridge to aid the mortally wounded Captain of the ship. He subsequently manned a 50-caliber Browning anti-aircraft machine gun until he ran out of ammunition and was ordered to abandon ship.

Miller described firing the machine gun during the battle, a weapon, which he had not been, trained to operate: "It wasn't hard. I just pulled the trigger and she worked fine. I had watched the others with these guns. I guess I



1. USS Miller (DE-1091) at sea, 20 May 1974. 2. Doris Miller receives the Navy Cross. 3. Doris Miller speaking at NTS Great Lakes, Ill.

fired her for about fifteen minutes. I think I got one of those Jap planes. They were diving pretty close to us."

During the attack, Japanese aircraft dropped two armored piercing bombs through the deck of the battleship and launched five 18-inch aircraft torpedoes into her port side. Heavily damaged by the ensuing explosions, and suffering from severe flooding below decks, the crew abandoned ship while *West Virginia* slowly settled to the harbor bottom. Of the 1,541 men on *West Virginia* during the attack, 130 were killed and 52 wounded. Subsequently refloated, repaired, and modernized, the battleship served in the Pacific theater through to the end of the war in August 1945.

Miller was commended by the Secretary of the Navy Frank Knox on 1 April 1942, and on 27 May 1942 he received the Navy Cross, which Fleet Admiral (then Admiral) Chester W. Nimitz, the Commander in Chief, Pacific Fleet personally presented to Miller on board aircraft carrier USS *Enterprise* (CV-6) for his extraordinary courage in battle. Speaking of Miller, Nimitz remarked, "This marks the first

time in this conflict that such high tribute has been made in the Pacific Fleet to a member of his race and I'm sure that the future will see others similarly honored for brave acts."

On 13 December 1941, Miller reported to USS *Indianapolis* (CA-35), and subsequently returned to the west coast of the United States in November 1942. Assigned to the newly constructed USS *Liscome Bay* (CVE-56) in the spring of 1943, Miller was on board that escort carrier during Operation Galvanic, the seizure of Makin and Tarawa Atolls in the Gilbert Islands. *Liscome Bay's* aircraft supported operations ashore between 20-23 November 1943. At 5:10 a.m. on 24 November, while cruising near Butaritari Island, a single torpedo from Japanese submarine *I-175* struck the escort carrier near the stern. The aircraft bomb magazine detonated a few moments later, sinking the warship within minutes. Listed as missing following the loss of that escort carrier, Miller was officially presumed dead 25 November 1944, a year and a day after the loss of *Liscome Bay*. Only 272 Sailors survived the sinking of

Liscome Bay, while 646 died.

In addition to the Navy Cross, Miller was entitled to the Purple Heart Medal; the American Defense Service Medal, Fleet Clasp; the Asiatic-Pacific Campaign Medal; and the World War II Victory Medal.

Commissioned on 30 June 1973, USS *Miller* (FF-1091), a *Knox*-class frigate, was named in honor of Doris Miller. On 11 October 1991, Alpha Kappa Alpha Sorority dedicated a bronze commemorative plaque of Miller at the Miller Family Park located on the U.S. Naval Base, Pearl Harbor.

Other U.S. Navy Ships

(including ships of the Military Sealift Command)

named in honor of

African-Americans include:

USS *Harmon* (DE-678), USS *George Washington Carver* (SSBN-656), USS *Jesse L. Brown* (DE-1089, later FF-1089 and FFT-1089), USNS *PFC James Anderson, Jr.* (T-AK-3002), USS *Rodney M. Davis* (FFG-60), USNS *Henson* (T-AGS-63), USNS *Watson* (T-AKR-310), and USS *Oscar Austin* (DDG-79).

Information obtained from the Naval Historical Center



Operation Safe City

By CM2 Eric MaGee

Reservist Staff Writer

One of the most unforgettable events in many of our lives was learning to ride a bicycle. Learning to ride was fun and memorable, but we also learned that riding can present various dangers. It remains one of the most basic forms of transportation and a source of entertainment for kids today. The City of El Centro Parks & Recreation Department sponsored the Bicycle Rodeo on Saturday, January 18, 2003 to teach kids basic safety, pedestrian laws and raise bicycle safety awareness in the community. Free bicycle helmets were given away to all of the kids.

The fun filled one-day event was set up in the parking lot of Valley Plaza in downtown El Centro. Several local businesses and public agencies came together during this community outreach event with many setting up booths and displays.

One extraordinary interactive display was a large artificial city made out of cardboard called Safety City. The Imperial County Sheriffs Office (ICSO) sponsored Safety City and NAFEC Security Department personnel volunteered their time to familiarize kids on proper pedestrian and safety laws within

Safety City. Groups of kids were taken through the City with their bikes simulating actual traffic and pedestrian conditions. They were also instructed on proper safety gear and what to look for while riding their bikes on streets and sidewalks.

The Security Department also provided a K9 team, MA1 Gary Groesbeck and Aldo, his explosive sniffing German

Shepard. The K9 team trained kids how to react if they encounter a stray dog while riding their bikes. "The kids really got a kick out of Aldo and the training made a bigger impact using a live dog," said Groesbeck. The K9 team proved to be a popular component of the Bicycle Rodeo and enthusiastic kids crowded around for a chance to meet them.

Turnout was excellent and all age groups were represented according to Gary Thompson from the City of El Centro Parks & Recreation Department. They reported that approximately 300 kids participated in the event and stated "The turnout was better than we expected."

According to MA3 James Troutt from the Security Department, "Kids not only showed up with their bicycles but many brought their skateboards, scooters and big wheels."

"The program was a huge success and a great way to teach kids about the rules of the road," Troutt Said.



IS2 Timothy Souza observes bicycle riders as they ride through Safety City. Aldo the dog was one of the biggest attractions at the event.

DIABETES MELLITUS

By HM3 Jason Bonney

Medical Dept.

Diabetes Mellitus is a disease in which the pancreas produces little or no insulin, a hormone that helps the body's tissues absorb glucose (sugar) so it can be used as a source of energy. The condition may also develop if muscle, fat, and liver cells respond poorly to insulin. In people with diabetes, glucose levels build up in the blood and urine, causing excessive urination, thirst, hunger, and problems with fat and protein metabolism. Diabetes mellitus differs from the less common diabetes insipidus, which is caused by lack of the hormone vasopressin that controls the amount of urine secreted. In the United States, about 16 million people (6 percent of the population) suffer from diabetes mellitus. Every year, about 800,000 people learn they have the disease. Diabetes mellitus kills about 193,000 U.S. residents each year and it is the sev-



enth leading cause of all deaths and the sixth leading cause of all deaths caused by disease. In Canada, more than 2.2 million residents (7 percent of the population) have diabetes mellitus, and the disease contributes to more than 25,000 deaths a year. Diabetes is most common in adults over 45 years of age; in people who are **overweight or physically inactive**; in individuals who have an immediate family member with diabetes; and in people of African, Hispanic, and Native American descent. The highest rate of diabetes in the world occurs in Native Americans. More women than men have been diagnosed with the disease. If you have any questions regarding diabetes feel free to stop by the Branch Medical Clinic.



Associate of the Year & Associate of the Quarter

Left, Irma Purdy was selected as the Navy Exchange Associate of the Year for 2002 and Elena Lewis was the Associate of the Quarter, 4th QTR. Both enjoy working at the Exchange. They pride themselves on providing good customer service.



Two words that will make base residents happy

Pizza Delivery

By JO2 Carmichael Yezpe

Editor

The MWR department has done it again. First it was the expansion of the Fitness Center, second was the installation of the new slides at the pool and now with the remodeling of the Bowling Alley where they have brought us Hot Stuff Pizza, Mean Gene's Hamburgers and Freshen's Smoothies.

"It's a big improvement," said AO1 Jay Bauer from Strike. We will have a better variety of food to eat. It's convenient for the Sailors who live in the barracks, plus the food is really good."

Prior to opening day on Friday February 14, free tickets for free food samples were given throughout the base. "I love it," said Kristi McGovern one of 150 people who was there for the sampling, "The food is great."

The samples included hamburgers, pizza, hot sandwiches, and finger licking appetizers like chicken popcorn, jalapeno poppers and potato wedges.



AO1 Jay Bauer during sample tasting day. "The food is great," he said. Top right: Bowling Alley Manager Rick Woods and Gerardo "Lalo" Moralez are joined by the rest of the crew at the remodeled Bowling Alley.

The following day initiated a busy weekend as burgers flipped off the grill and pizzas spun out of the oven.

"I believe the branded concept is the way of the future. This is what Sailors and their families have been asking for," said Mike Miller from BUPERS MWR headquarters who was there to assist with the opening of the mini food

court.

For the past week prior to opening day, Bowling Alley Manager, Rick Woods had been keeping busy trying to coordinate and prepare for opening day. "This is great," he said. "Everything is going as planned. We have a group of new employees who are being trained by a representative from



Photos By: JO2 Carmichael Yezpe

Orion Food Systems."

"I'm here to train the initial crew staff for a week and make sure that everything works all right," said Cynthia Truitt, our local consultant for Orion. "After this my job is to come here every month to check if everything is running OK and provide further assistance if needed."

For base residents the addition of these new facilities translates to improved service, a greater variety of food selection and convenience. In the past, because of our location away from town, pizza delivery was not an option but thanks to MWR that is no longer true.

Food Service is open from 10 a.m. to 10 p.m. Monday through Saturday and from 2 p.m. to 10 p.m. Sundays and holidays. To place an order call 339-2918.

Seven ways to keep your cool

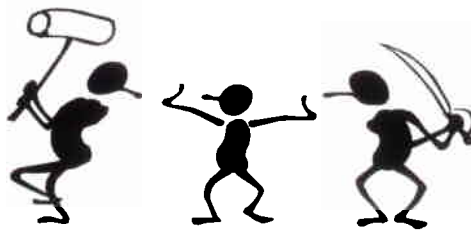
Successful Conflict Management

By Dr. L Flowers

Fleet and Family Support Office

Disagreements, conflicts, and even arguments are part of life. How we deal with them determines how happy we are in our social and family lives, and how successful we are in our professional endeavors. We cannot expect to successfully resolve all of disagreements. But, there are some guidelines that can help us to be more effective in resolving differences with others.

1. Choose your battles. If we confront everything in life that we dislike, we may run out of energy and time to deal with important things that require our efforts. In a similar vein, the "Serenity Prayer" encourages us to accept the things that we cannot change, the courage to change



the things that we can change, and the wisdom to know the difference.

2. Treat yourself and others with respect. Don't use negative labels when speaking to others or use sarcasm. Telling someone that he/she is stupid or selfish usually leads to anger and counterattacks. Remember that being honest with others does not mean that we need to bluntly reveal our anger or distaste for them. Apologize quickly when you lose your temper or say something inappropriate.
3. Keep the focus of the problem on the

problem. Don't use the occasion to review a long list of disappointments or frustrations.

4. Keep the focus on behavior rather than on personality. For example, it is easier to respond to "This week you have been late to work three times. This is unacceptable," rather than to, "You're late too much, so you must not care about your job."
5. When tempers begin to flare, try to postpone the discussion. Your may agree to talk about the issue an hour later or even on another day.
6. Listen to the point of view of those with whom you have a disagreement. Disagreements are sometimes a result of misunderstandings or poor communication. We learn more by listening than by talking. Listening to others helps them to feel that we care about their point of view.
7. Look for solutions that help meet the needs of those involved. Look for ways to let everyone gain in some way by the resolution.



Eighth grade Students learn about the Navy

Annual Groundhog Job Shadow day takes place at NAF

By **JO2 Carmichael Yepez**
Editor

This year's Annual Groundhog Job Shadow day took place on Friday February 7 and included 56 students from McCabe Elementary School who came aboard NAF to learn about interesting Navy careers.

"The tour was great," said eighth grade teacher Angie Nelson. "The students enjoyed it very much, especially the fact that this year we got to talk to the

Blue Angels."

Once on base, they received a brief introduction by the Public Affairs Officer, LT David Rodriguez.

Then the students were divided into six groups and assigned to five Sailors and one Army Soldier who volunteered as tour guides. The students visited the Security Department, Medical Department, Weapons Department, Operations Department, Weather Department, Tower, Fire Department and Blue Angels. "It was fun," said FT2 Mathew Poulson who was a tour



guide. "The group I had was pretty excited about the tour. As I took them from place to place they kept asking questions about the base and the Navy. They sort of looked up to us," Poulson added. "Hopefully one day, if they decide to join the Navy, they will look back on us as role models."

During their tour of Security, Aldo and Bowie the security dogs took all the attention. Their handlers, MA1 Gary Groesbeck and MA2 Ricardo Uriel demonstrated how the dogs are used to do police work. "The kids were very intrigued," said Groesbeck.

Another high point on the tour was their stop at the Blue Angels

where they had a chance to come up close to a Blue Angel F/A-18 Hornet. "Wow this is awesome," they said, as Blue Angels Maintenance Crewman AE1 Pete Flores showed them the jet.

Prior to departing, the students had lunch at the Base Galley. "We had a wonderful time," they said as they loaded back on the bus. "We would like to thank all of you for making this happen," said Nelson. "The trip was very organized and the children were able to learn a lot about the Navy. Once again thank you and we hope to see your Sailors again next year."



Top right: Jose Oropeza from the NAF El Centro Fire Department gives students a tour of Big Red. Top left: AGC Marc Adams demonstrates how computers are used to monitor the weather. Bottom left: Aldo signals his handler MA1 Gary Groesbeck the location of something he has found. Bottom right: AE1 Pete Flores from the Blue Angels talks to kids about the F/A-18 Hornet.

Mass Casualty Drill

By: JO2 Carmichael Yepez



MACS Cheryl Patterson receiving information from the emergency scene. Right MA3 James Troutt and Training Chief Dave Conley maintain the perimeter.



Left: In the center Ensign Karen Nordine was the on scene Medical Officer. Above Medical personnel assist an injured victim for transport





February 2002

Self Help Program lends a helping hand

By LT Michael O'Beirne

Public Works Dept.

In an effort to enhance facilities maintenance and quality of life, Naval Air Facility, El Centro has developed one of the finest Self Help programs in the Navy. Our Self Help team has accomplished a significant number of innovative projects, improving the quality of life for all personnel on base. A total of 686 man-days were expended, and over \$20,400 worth of materials were put in place, resulting in a total cost savings to the command of over \$221,600.

The Self Help Program at Naval Air Facility El Centro is one of the great prides of this installation. With direct support from all levels of the command, we have accomplished a multitude of projects that have saved the Navy \$221,600. It has also significantly improved mission readiness, quality of life, and has raised base morale to an all-time high.



Photo by: LT Michael O'Beirne

CAPT Ziegler and two other volunteers assist in the refinishing of the Chapel doors.

Despite limited resources, and an extremely small staff, we have executed a wide array of projects, and take great pride in the Navy's Self Help program, striving to identify innovative ways to improve the process of facility maintenance and minor construction. Remember if your department would like to tap the valuable resources of the seabee self help program please call BU1(SCW) Oliphant at Ext. 2317 or LT O'Beirne at Ext. 2214.

"No idea is to big, or project to small."



Photos by: JO2 Carmichael Yopez

Was it El Nino?

By JO2 Carmichael Yopez

Editor

What ever it was, the rain was definitely good. Southern California has been in a drought for the past four years. The last time NAF had some real rain was in June of 2001 according to AGC(SW) Marc Adams, Chief Petty Officer in Charge of the Weather Department at NAF. The average rain for February is .30 inches and in the past two weeks, NAF received 1.17, nearly four times as much as normal.

Residents actually woke up and went to bed to the sound of marching drops coming down from the sky.

"I love the smell of wet dirt," said AO3 Brandy Watson. "When I got home I opened the windows and sat on the couch to listen to the falling rain."

"Every little bit of rain helps," said Adams. "Farmers can shut off the irrigation in these conditions, so it saves water and money. For NAF it might be a little messy with mud everywhere, but we can cut back on watering our grass for a while as well."



AOAA Lee Pepper splashes through the water on his way to Admin.

A Valentines Day to remember

By CM2 Eric MaGee

Reservist Staff Writer

Photos by: LT Robert Church

"Love is patient and kind, love is not jealous or boastful." These were some of the words mentioned by Chaplain LT Robert Church during the renewal of Wedding Vows ceremony held at the base chapel on Valentine's Day Friday February 14th

That evening four couples renewed vows. The brides received a long stem rose and each couple received a marriage renewal certificate signed by the Chaplain. Religious Program Specialist Second Class Petty Officer (SW) Leslie Williams said the ceremony was beautiful "I think it is a great way to express your love for your spouse."

"A reaffirmation of a commitment to each other is special no matter when or where it is," said Mrs. Ziegler. "But renewing our vows at the chapel was especially nice."

The ceremony concluded when each couple embraced for a few moments. "You may kiss the bride," said Chaplain Church. "I now pronounce you man and wife... again!"



Top left: CAPT Paul Ziegler and wife Laura. Bottom: AC2 Joshua Royek and wife Paige. Top right: NC1 Deitrich Jones and wife Floreen. Bottom: Mr. Fred and Mrs. Sonia Sarmiento.

Do you enjoy reading the Sandpaper?

If so let us know. Tell us what you like and what you don't like, or tell us what you would like to see in the Sandpaper. Contact LT David Rodriguez at 339-2673, or JO2 Carmichael Yopez at 339-2519.



Going the extra mile to keep you informed

PSD Corner

By PN1 Luis Merlos-Avila

PSD



Changes in MyPay Procedures

If what you need is your latest LES, your 2002 W-2, or simply to check the status of your allotments, then MyPay

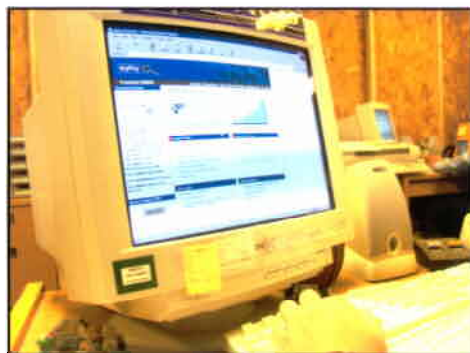
is what you need. In order to access MyPay you need a Personal Identification Number (PIN), which is now easier to obtain than before. All you need to do is to submit your full name, Social Security Number, and e-mail address to your Command Personal Liaison Representative (PLR). Your PLR will then submit your information to PSD's DK1 Merchant, who will then e-mail you your temporary PIN.

Travel

Obtaining copies of travel vouchers just became easier for both commands and travelers, especially now that PSD's within the San Diego area are no longer printing them. Instead of having to contact PSD to obtain a copy of a travel voucher, travelers may now access MyPay and print them at any time. Commands may also designate a representative to use the CHOOSE system to view exactly what has been charged to their line of accounting, including settlements and advances. In order for command representatives to use CHOOSE all they have to do is visit <https://cerps-hst.jax.disa.mil> and click on "HERE" in the middle of the page at the sign-on screen. Within 24 hours a user ID and password will arrive via e-mail. In the very near future PSD El Centro, along with other PSD's outside of the San Diego area, will adopt this system and no longer print travel vouchers. We will announce when this change goes into effect in the near future.

Survivor Benefit Worksheet

The Navy has issued a "Captain's Call Kit", which includes a worksheet for calculating financial benefits for survivors of service members who die on active duty. It provides an example of an E-6 with 10 years of service who dies on active duty and is survived by a spouse and two young children. Discounting any lump sum payments, the initial annual



income available to survivors would be almost \$40,000, with nearly \$17,000 of it tax-free. All would be protected by annual cost-of-living increases. Substantial monthly payments are also available from the Department of Veterans Affairs for education for the spouse, and for the children when they reach age 18 and are ready for college or other approved education. In addition to the annual income, significant housing and medical benefits are available to the family. For details, visit www.news.navy.mil/search/ceklist.asp.

New Uniform Regulations

The Chief of Naval Operations approved significant revisions to the Navy personal appearance policy. These changes are effective immediately and will be reflected in the next change to Uniform Regulations. Because it is impossible to provide examples of every appropriate or unacceptable hairstyle or of "conservative" or "eccentric" grooming and personal appearance, the good judgement of leaders at all levels is key to enforcement of Navy grooming policy. Therefore, hair/grooming/personal appearance while in uniform shall present a neat, professional appearance.

Tattoos/body art/brands - No tattoos/body art/brands on the head, face, neck, or scalp.



Tattoos/body art/brands elsewhere on the body that are prejudicial to good order, discipline and morale or are of a nature to bring discredit upon the Navy are prohibited. For example, tattoos/body art/brands that are excessive, obscene, sexually explicit or advocate or symbolize sex, gender, racial, religious, ethnic or national origin discrimination are prohibited. In addition, tattoos/body art/brands that advocate or symbolize gang affiliation, supremacist or extremist groups, or drug use are prohibited. Tattoos/body art/brands will not be visible through uniform clothing. Waivers may be requested for prior service and existing tattoos from the Chief of Naval Operations (N09BU).

Mutilation - Intentional body mutilation, piercing, branding/intentional scarring that are excessive or eccentric are prohibited. Some examples are:

- A split or forked tongue
- Foreign objects inserted under the skin to create a design or pattern
- Enlarged or stretched out holes in the ears (other than a normal piercing)
- Intentional scarring that appears on the neck, face, or scalp

Dental ornamentation - The use of gold, platinum or other veneers or caps for purposes of ornamentation are prohibited. Teeth, whether natural, capped or veneer, will not be ornamented with designs, jewels, initials, etc. Waivers may be requested for prior service and existing dental ornamentation from the Chief of Naval Operations.

For more information stop by the PSD Office, or call Ext. 2473. Remember we are always here to serve you.

If you missed a previous edition of the Sandpaper, you can log on to our internal website at extra.nafec.navy.mil. Go to departments, Public Affairs, Sandpaper and you can access previous publications. You can also stop by the Public Affairs Office to pick up a copy.

Don't throw away! Pass on to the next reader



Super Sailors

By CM2 Eric MaGee
Reservist Staff Writer

The competition was tough and selection was difficult but this year's winners have emerged. AC1 Scott Margetta, PN1 Wilson Quizon and PH3 Greg Spaulding were selected as NAFs top performing Sailors.

"I was surprised," said Margetta when he found out he had been selected as NAFs Sailor of the Year. "But it was a good surprise," he added with a grin on his face.

"It is always about performance," said Command Master Chief Vince Seay. "If you have the scope of responsibility, and you lead your organization to success, you are going to be ranked high among your contemporary peers."

Daily performance, amount of responsibility and a positive attitude are just some of the characteristics that are looked into when making the tough decision of selecting the Sailor

of the Year. These Sailors may have been surprised by their selection, but what is not a surprise is that they ranked amongst the top performers in their divisions. They are seen as role models and reflect a positive image of the type of Sailors the Navy is striving for.

Petty Officer Margetta is the leading petty officer and tower chief for Operations. He was recently nominated as Air Traffic Controller of the Year and awarded a Letter

of Commendation from Commander Pacific Fleet. "If you do your job well, seek additional responsibilities and keep current with what's going on with the military you will excel in your career," said Margetta.

"I have worked hard," said Spaulding who was selected as NAFs Junior Sailor of the year. "I'm hoping this will help in my selection for a commission."

Spaulding is a Watch Commander for Security. As a 3rd class petty officer, he is the



Photo By JO2 Carmichael Yopez
Navy League President Lisa Macklin and NAF SOY AC1 Margetta and JOY PH3 Spaulding at the Monthly dinner the league holds on base.

managing supervisor for 15 security personnel and is overall in charge of his watch section.

Additionally, he has completed 23 college credits in the past year and is planning to apply for the Seaman-to-Admiral program later this year.

"It's not about being Sailor of the Year, it's about doing your very best and helping out your shipmates especially the junior personnel in making the right career decisions," said Quizon who was selected as PSDs Sailor

of Year. "I enjoy my job and plan to finish my career as a Chief Petty Officer in the Navy."

The El Centro Navy League, which holds its monthly dinner meetings on the first Monday of each month, presented Margetta and Spaulding with a \$200 check on February 3rd.

On February 25, the NAF Command Master Chief traveled to San Diego to attend a four-day Master Chief conference to select the region's Sailor of the Year.

CO takes on the media

By JO2 Carmichael Yopez
Editor

Naval Air Facility El Centro's Commanding Officer CAPT Paul Ziegler announced the cancellation of the 2003 El Centro Air Show and Food Fest events in a media conference on Thursday, February 21.

"I regret to announce that the 2003 El Centro Air Show has been cancelled," said CAPT Ziegler. "I know the Air Show is a special tradition for the valley and it's something we all look forward to each year. But due to the current heightened security posture we are unable to host



the event this year."

The conference took place at the front entrance of the base in front of Blue Angel Park. As reporters continued to press for questions, CAPT Ziegler expressed his appreciation for the support the community has provided in understanding the circumstances.

"The toughest question was



Photos By JO2 Carmichael Yopez
CAPT Ziegler is interviewed by CH-11 repoter Natalie Tejada.

asked by KSWT CH 11 reporter Natalie Tejada. "This is the first Air Show under your command, is it almost disheartening that it had to be this way?"

At this time the cameras and microphones zoomed in a bit closer almost engulfing the CO. "That is the worst part, I was really looking forward to it," replied CAPT Ziegler. "Personally I

haven't been to an Air Show in so long and now to finally be able to have one right here in my facility and have it go away this way is really disappointing. But, it's all those people who supported the air show who are probably the most disappointed."

The CO concluded by saying, "This decision was not made lightly. Many people, both on base and off, have devoted many hours in planning for this event. I appreciate all you have done. I'd like to thank the community, and all the sponsors for their support over the years. Thanks to this community the El Centro Air Show is one of the premier Air Shows on the West Coast. We look forward for your support for an Air Show in 2004."



24-28 March is Military Health Fitness Week

By JO2 Carmichael Yopez

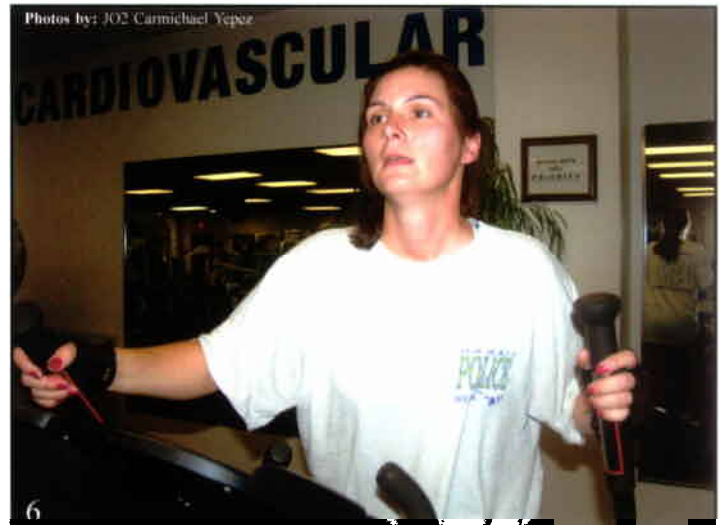
Editor

Staying physically fit is important for every one these days, especially for members of the military. It takes a strong commitment to stick to our goals especially when it comes to fitness. The hardest part is starting. People can spend weeks saying they will start tomorrow or the following week, but the fact is, if you don't start today there is always that excuse to say tomorrow.

Now more than ever, people from all ages are becoming more physically active throughout life. At NAF El Centro, since the expansion of the Base Gym and the addition of new equipment, an increasing number of personnel have been taking advantage of the remodeled facilities. "We have anywhere from 175 to 300 people using the gym every day," said Fitness Center Manager Joanne Jutras. "Last month we logged more than 3000 patrons."

During the month of March, the military is celebrating Military Health Fitness Week. MWR is inviting everyone to participate in a series of fitness events that will take place at the Base Gym from 24 to 28 March. "We are also implementing the Presidential Sports Award Program," said Jutras.

The challenge of the Presidential Sports Award is to make a commitment to fitness through active and regular participation in sport and fitness activities. It is a program that was initiated in 1972 and its purpose is to motivate all Americans to be more physically active. Anyone 6-years of age, or older is eligible to participate in the program. To earn the award, participants must pick up a Personal Fitness Log at the Base Gym. The log contains a list of activities and number of hours



(1) Rogelio Pereida is a reservist who works for Brown and Root Services. His main activity is weights. (2) MASA Christopher Mendez divides his time between swimming at the pool and working out the gym. (MA3) Capri Griffith is trying to get fit for the summer. She visits the gym three times a week. Her main activity is cardio. (4) RVRes Richard and Phyllis Brown have already received their first Presidential Sports Award signed by President Bush. They are working on getting their second one. (5) Fitness Sports Coordinator Laurie Bauer leads a morning workout session every day at the Base Gym. (6) DoD Police Officer Michelle Christie visits the gym five times a week for a cardio workout.

required for each one. Once completed, the form is sent in along with \$5.00 and participants will receive a patch and a certificate signed by President George W. Bush. Jutras said to make it even easier, gym personnel will keep track of the log. Jutras added the log could also be included in Sailor's PRT records.

If you haven't started doing some form of physical activity because you can't find the right exercise to start with, the Base

Gym and MWR offers more activities besides running and lifting weights. There is water aerobics, regular aerobics, and plenty of exercise machines to do cardio exercises. There is also a selection of videos that can be checked out for Aerobics, Taebo, Spinning, Tai-chi and karate. Recently six new Nautilus cycles were added to the Aerobics Room for cardio workouts. Jutras also mentioned the gym is expecting new equipment to arrive in April.

If you haven't started yet, the March fitness celebration month along with the Presidential Fitness Award is the perfect excuse to start your fitness routine. For more information on the Presidential Program Award, or physical fitness activities offered on base stop by the Base Gym or call Joanne Jutras at 339-2488.

Have you started your work out yet!



NAF Snowbirds Compete in Yuma Senior Games

By **Nina Gee**

Palm Oasis RV Park Resident

Ask swimming champion and four-time silver medal winner Elizabeth Schaffert what she thinks of the Yuma Senior Games and she grins and says, "Hooray!" Or, question another first time contender this year, Sharon Thoenes, how she feels about her silver medals in the running long jump, javelin, discus and shot put throwing at the recent '03 games, and the message is clear, "Great!"

Sharon's husband Lewis "Louy" Thoenes and yours truly all know the thrill of competing with other seniors in our favorite sports events. We win, no matter how we do in the final analysis, because we practice, stay fit and have the games once each year to measure our progress.

Yuma Games veteran Louy Thoenes, who runs between two and five miles regularly for his training, won medals in 8 of 11 events he entered including a gold in the 400 meter, silver in the



Above: Nina Gee and Elizabeth Erzsebet stand next to the sign at the base pool proudly displaying their medals won at the Yuma competition. Top Right: Lewis and Sharon Thoenes are happy to show us their share of victories.

800 meter, and six bronze medals.

Elizabeth, Sharon and I are regulars in Tammie Wetzel's popular water aerobics classes on weekdays at 10 AM. Masters Swimming follows at 11 with coaching help from Pool Administrator Nikie Lopez. This is where Elizabeth learned to swim. She began last year with the breaststroke and added the freestyle and backstroke to her repertoire this year. She entered in the youngest age group in the

Senior Games, 50-54, she competed in all three strokes in Yuma this February.

I started swimming for competition last year at Yuma but I began stroke instruction at NAF. Always a swimmer, I discovered an added incentive in working to refine my strokes. With help and encouragement from Nikie, Tammie and the small pool lifeguards, they steered me to a silver in the butterfly stroke this year and four more medals



for my collection. Best of all, I improved my technique and time in everything.

Yuma Parks and Recreation sponsors the Senior Games—sometimes called Senior Olympics—throughout January and February. With something for everyone, this year's novelty events included a nail-driving contest in addition to team games, pool shooting and dominoes, and more. Most competition is scheduled for men and women by age groups. A small fee is charged for each entry.

Punt, pass and kick, anyone?

Can fitness affect your military career?

By **JO2 Carmichael Yezpez**

Editor

It is mandated by the Chief of Naval Operations for Sailors to exercise three times per week. Throughout the years, the Navy's physical fitness program has changed, but what hasn't changed is the fact that failing to pass the Physical Fitness Assessment or (PFA) test can affect a Sailor's career.

Failing a PFA will result in a page 13 entry and lower evaluation marks.

According to ET1 Michael Manning, Public Works Department PFA coordinator, for this size of a base it has all the equipment necessary to get a total body work out. "We have two pools, a super gym and plenty of running courses throughout the base. Even though we have a lot of people working out, we have about 15 percent of NAF personnel on remedial PT. Remedial PT is held Mon-

day through Thursday from 6 to 7:30 a.m. Training consists of a series of calisthenics exercises, push ups, sit ups and running. Once on the program, a failure to participate could result in further counseling from your chain of command.

It benefits everyone to maintain a good physical fitness routine not only to stay healthy, but to maintain a good career, be within military standards and maintaining a good physical appearance. For Sailors who need an extra incentive, Manning says they are always welcome to join the mandatory morning physical fitness routine.

For more information on PFA regulations see your departmental PFA coordinator or OPNAV Instruction 6110.1G



Above: Strike personnel at morning PT. Bottom: FC1 Robert Greenwood pumps it up during morning PT at the Base Gym.



Photos by: JO2 Carmichael Yezpez



Attention to Quarters

Quarters was held at the Base Theatre on Thursday February 20 where the following awards were presented by CAPT Paul Ziegler. From left to right: MAC Philip Burnett received his 4th Good Conduct Medal; AC1 Scott Margetta received a LOC; AM1(AW) Robert Mersino received a NAM; AO1(AW) Curtis Gibson received his 4th Good Conduct Medal; AZ2 Maricela Martinez received a LOC; PH3 Gregory Spaulding received a LOC and a Good Conduct Medal;

AC3 Barbara Ford received a LOC; AO3 Kelly Elhers received a LOC; Emmanuel Patacsil received a Certificate of Recognition for 15 years of service. Not pictured Gary Hoisington also received a certificate for 30 years of service.



Visiting personnel

Commander Navy Region Southwest, RAMD Jose Luis Betancourt Jr. paid a visit on Monday February 24. After talking to Sailors about where the Navy stands today, he commented on how impressed he was with the appearance of the base.

The following day Fleet Master Chief, FLTCM Rodriguez and Force Master, Chief FORCM Goosby talked to Sailors about Perform to Serve, Mentorship, Task Force Excel and other upcoming Navy programs.



Welcome Aboard

Welcome Aboard! to our new Sailors and their families. From Left to right: AMAR Roy Blanchard (Strike), AOAR Andy Tillet (Strike), AM3 Marco Silva (Strike), ATAN Robert McHatton (Strike), ATAA Paul Golden (Strike), Gustavo Ramirez (Security), AZ2 Maricela Ramirez (Weapons), MM1 Darlene Degonzague (Supply).

